

Youth Substance Use and Addiction

Good Health is Good Business Conference Series

Topics:

- Impact of substance use on the developing brain
- The science of addiction
- Adverse Childhood Experiences (ACEs)
- Maine youth data – what the trends are telling us
- Prevention strategies through community partnerships





Ed Gilkey, MD, MS, MBA, CPE, Senior Physician Executive, Northern Light Beacon Health



Jim Jarvis, MD, FAAP, Senior Physician Executive, Incident Command, Northern Light Health, Director, Clinical Education, Northern Light EMMC



Jennifer Blossom, PhD Assistant Professor Department of Psychology University of Maine



Courtney Evans, LCPC Psychiatric Clinician II Addiction Care Services Northern Light Acadia Hospital



Hillary Starbird Director, Community Outreach Northern Light Mayo Hospital Northern Light CA Dean Hospital

Legal Disclosure:

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Northern Light Health does not know the particulars of your situation, so the information presented today is intended to be general in nature and may not apply to every individual situation.

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Ask us questions – give us feedback – this hour is for you

- Please use the Q and A function to ask your questions at anytime.

1. I am able to apply the tools and guidance provided today to support my workplace and/or employees.*

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

2. The information provided today was easy to understand and relevant.*

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

3. How likely are you to recommend the Good Health is Good Business conference series to a fellow colleague and / or Maine employer?*

- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely

4. How likely are you to attend one of our Good Health is Good Business zoom conferences in the future?*

- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely

5. What topic(s) would you like us to focus on in the future?

Health in the Headlines

Another COVID Wave?

Here are 10 states where COVID-19 admissions increased most for the week ending July 29, according to CDC data:

New Hampshire — New admissions up 96.4 percent from the week prior

Number of new admissions: 55

Vermont — 71.4 percent

New admissions: 12

Kansas — 66.7 percent

New admissions: 40

South Dakota — 50 percent

New admissions: 15

Montana — 44.4 percent

New admissions: 26

Maryland — 39.6 percent

New admissions: 127

Maine — 38.1 percent

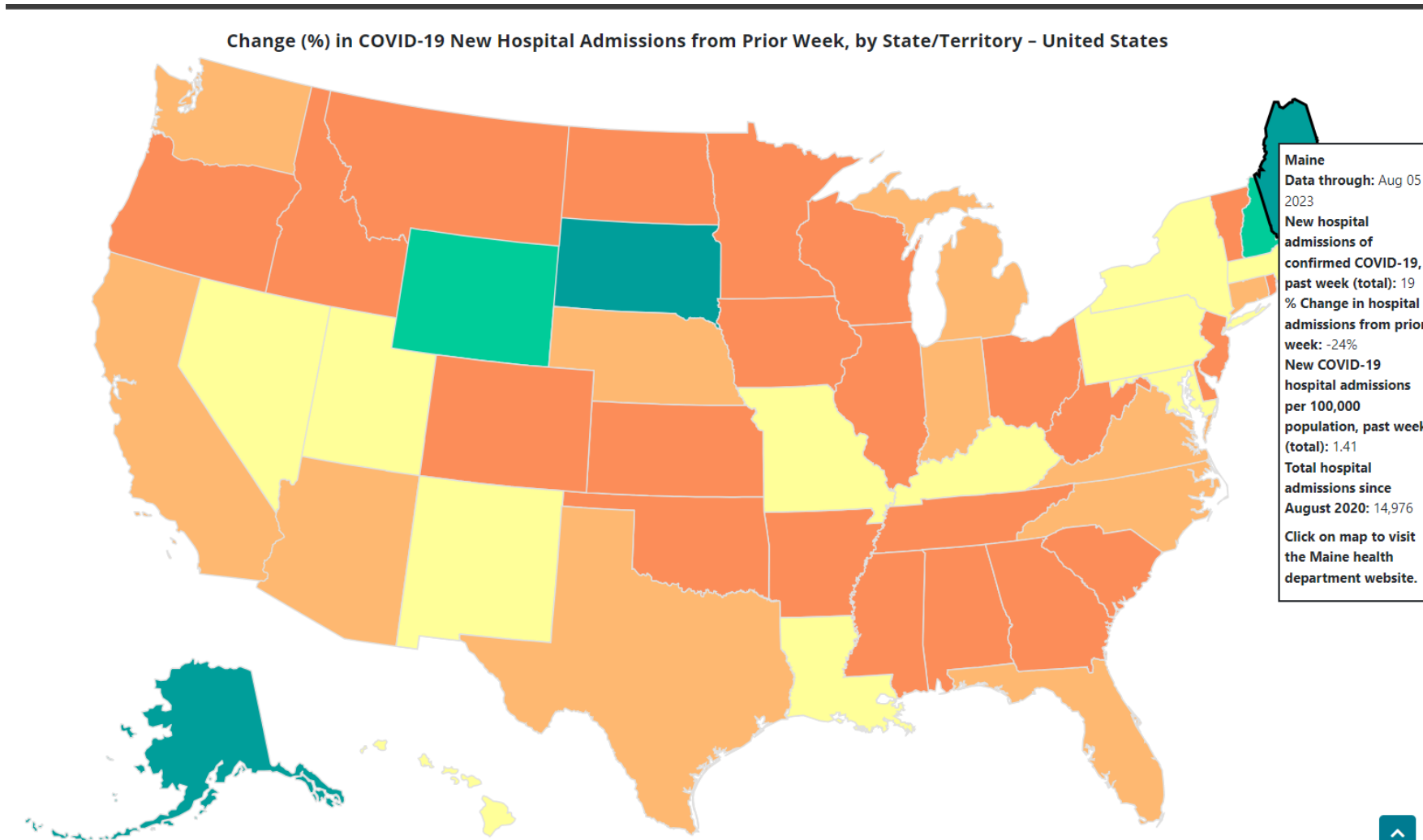
New admissions: 29

Georgia — 32.6 percent

New admissions: 309



Another COVID Wave or is this Ebb and Flow?



Current State of Pandemic

- Indicators in Maine show consistent increasing activity in Maine and other areas in the United States.
- Increase in cases and hospitalizations with a need to use strategic protection policies.
- Increased viral elements in wastewater.
- In general, healthy individuals have mild or no symptoms, but COVID remains a significant cause of death in elderly and at-risk populations.
- Most, if not all cases in the US now represent variants within the XBB family, but many newer mutations now exist including EG.5 (Code Name Eris).
- There is growing concern about the frequency of newer mutations taking hold in our communities. It is too early to tell how significant this is.

Coming Months

Tripledemic is a possibility again.

Influenza vaccines are starting to roll out

COVID Vaccines targeting the XBB family expected late September/October

RSV Vaccine for those 60 years and older expected October/November

Monoclonal Antibody Protection for Infants against RSV this fall/winter.



Continue to wash your hands.

Cover your mouth and nose when coughing/sneezing

Stay home when not feeling well.

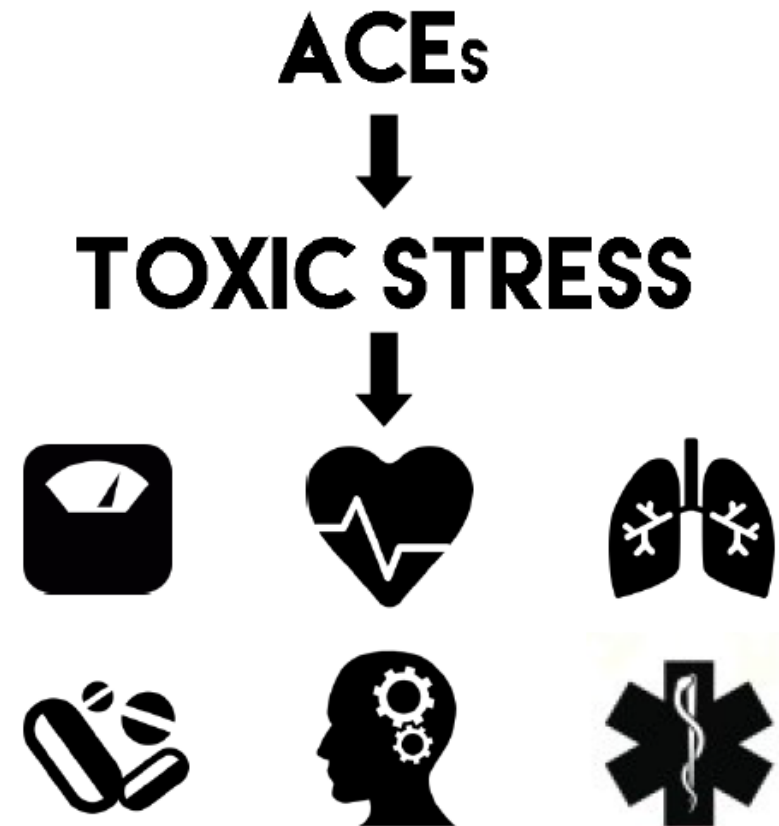
Consider masking indoors, especially if at high risk and in a crowded space.

Adverse Childhood Experiences (ACEs)

Jennifer B. Blossom, PhD (she/her/hers)
Assistant Professor
University of Maine

ACEs: Overview

- A public health issue
- **Preventable** serious or traumatic childhood events
- Impact physical and mental health
- ACEs account for $\geq 1/3$ of worldwide mental health disorders
- **Maine:** Adult exposure to ACEs 7.3-35.6%
- 18.5% of adults reporting 4+



Children's Mercy Hospital

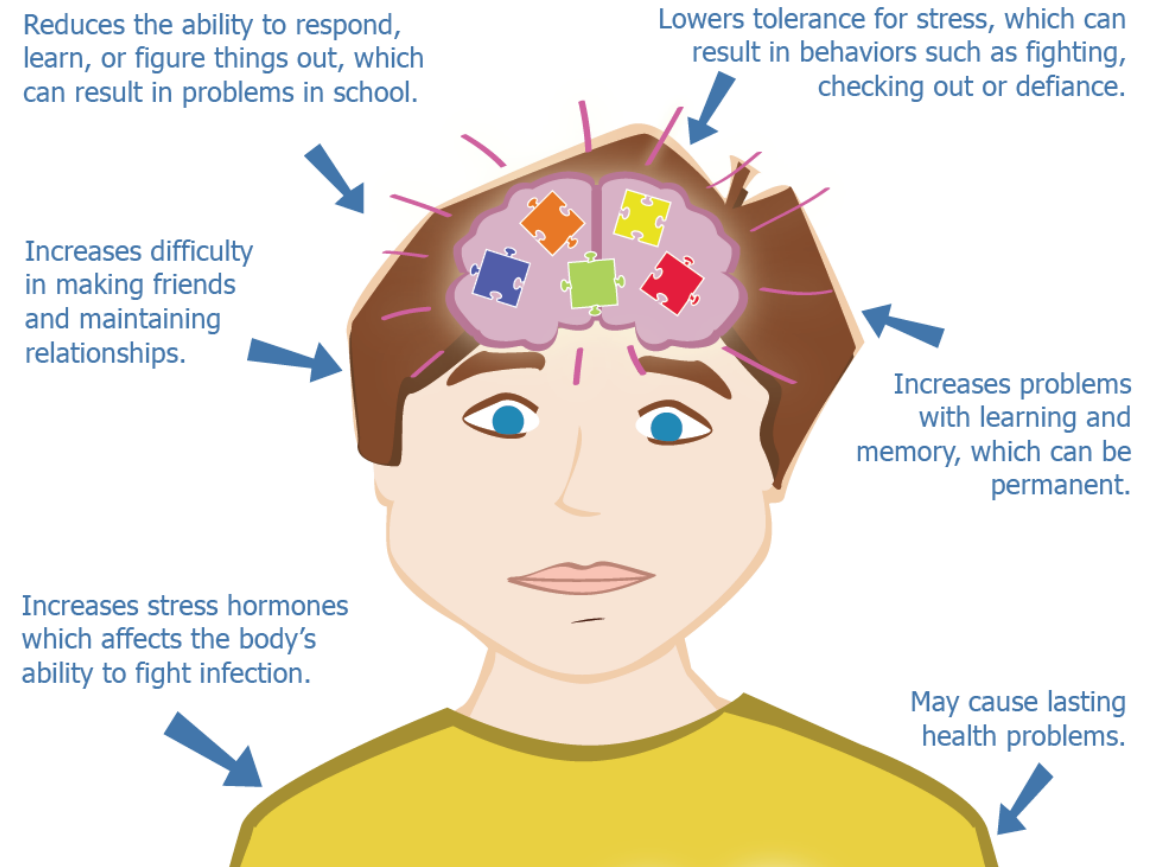
AAP, 2014; Kessler et al., 2010; McLaughlin, 2017; Scully et al., 2019; Swedo et al., 2023

ACEs Include:

1. Emotional, physical, & sexual abuse
2. Emotional, physical, & medical neglect
3. Exposure to IPV
4. Household substance use
5. Household mental illness
6. Parental separation or divorce
7. Incarcerated household member
8. Bullying or peer victimization
9. Witnessing violence outside the home
10. Witness a sibling being abused
11. Structural and interpersonal racism
12. Sexism
13. Discrimination: Harmful legislation, structural/interpersonal
14. Being homeless
15. Natural disasters and war

ACEs: Short-term Impact

- ACEs impact youth mental health
- Emotion dysregulation
- Sleep problems
- Suicide risk
- Substance use
- Learning & cognitive functioning
- Anxiety, depression, PTSD
- ADHD, conduct problems, aggression



Kalmakis et al., 2015; McLaughlin & Lambert, 2017; Scully et al. 2020

Community & Family Services Division at Spokane Regional Health District

Long-term consequences of ACEs

Substance use disorder
Risky behaviors
Depression
Risk of suicide/suicide attempts
Risk of IPV
Intergenerational transmission
Incarceration
Anxiety, PTSD
Non-suicidal self-injury



Children's Mercy Hospital

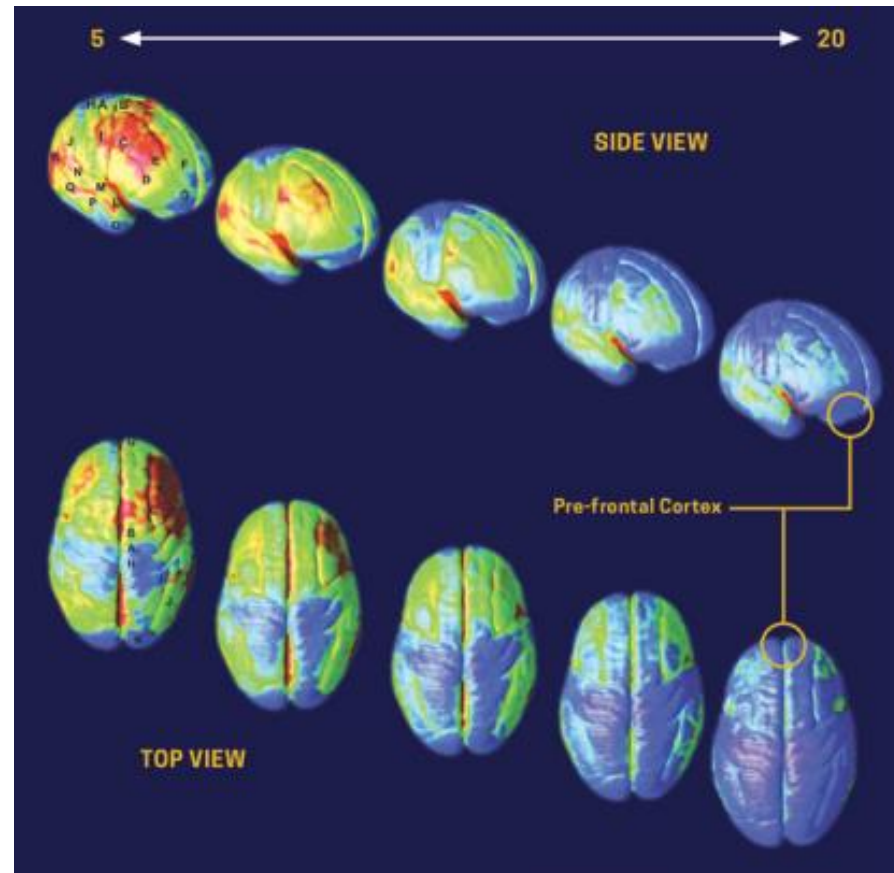
Good news: There's something we can do!

- Identification and early intervention can mitigate or **eradicate** long-term consequences of ACEs
- **Specifically, helping youth:**
 - Learn how to recognize and regulate emotions
 - Ensure physical and emotional safety: At home, school, neighborhoods
 - Strengths-based approach: Leverage individual, familial, community, and cultural strengths
- **Prevention!**
 - Advocacy: Support policies and legislation that directly address causes (e.g., child welfare, education, health care, JJ, safety)
 - Collaborative/integrated care teams: Support screening, assessment & intervention (multi-generational)

The Science of Addiction: Substance Use and the Developing Brain

The Science of Addiction: Substance Use and the Developing Brain

Healthy Brain Development in Children and Teens Aged 5-20



Source: [Drugs, Brain, and Behavior: The Science of Addiction \(nih.gov\)](#)

Brain Development: Through the Years

- Early Years
- Adolescence



Why do we use substances?

People turn to substances for a variety of reasons.

- To feel better
- To improve performance
- Curiosity and exposure

Risk factors

- Even though substances may make us feel better in the moment, tolerance can quickly develop over time.
- There are no singular predictors that someone may or may not become addicted to substances.

Risk Factors

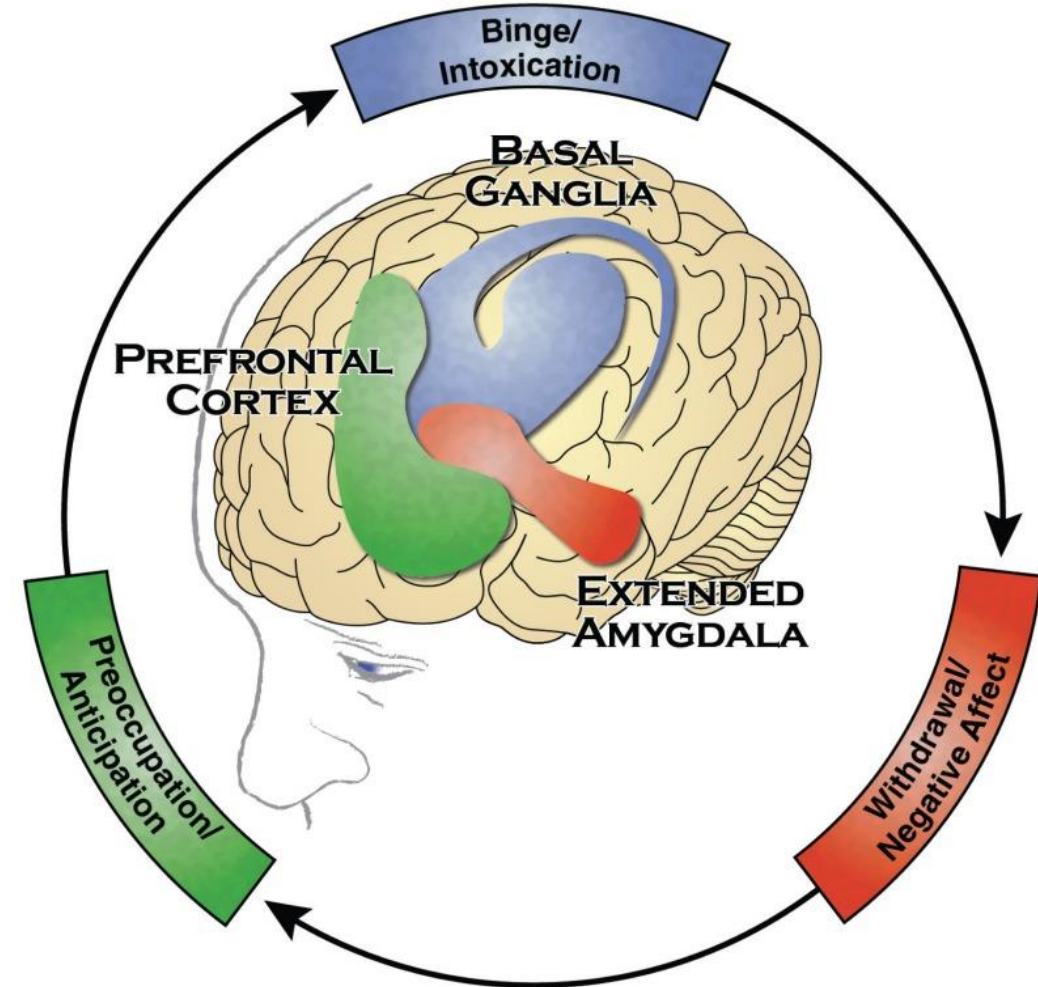
Environmental

Biological

The Addiction Cycle

Addiction is a repeating cycle with 3 stages:

- Binge/Intoxication
- Withdrawal/Negative Affect
- Preoccupation/Anticipation

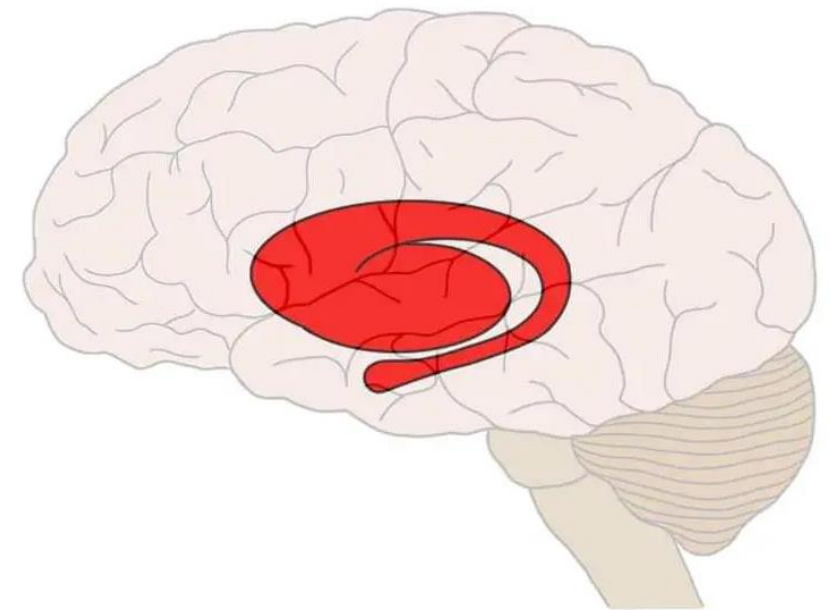


Binge/Intoxication Stage

Consumption of substances leads to rewarding outcome

This stage involves the following areas of the brain:

- Basal Ganglia
- Nucleus Accumbens
- Dorsal Striatum

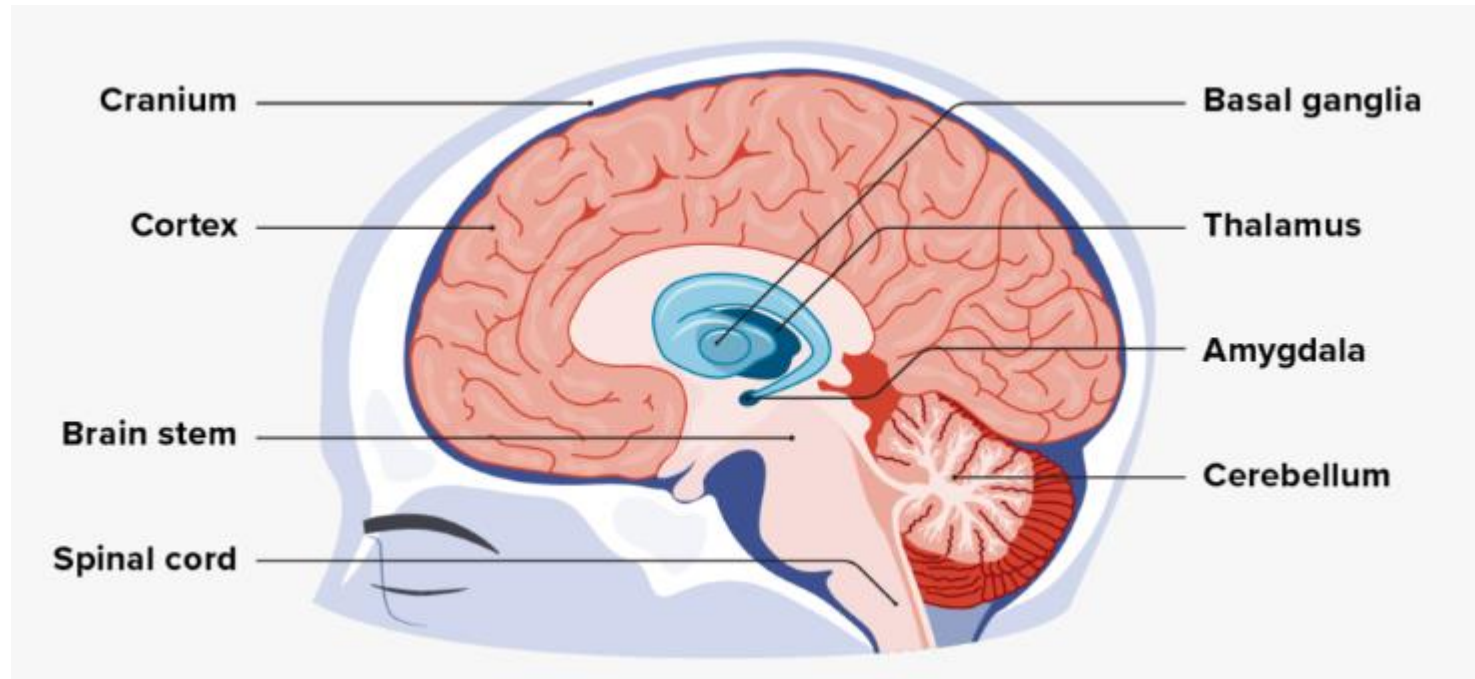


Withdrawal/Negative Affect Stage

An individual experiences negative emotions when the substance is unavailable

This stage involves the following areas of the brain:

- Basal Ganglia
- Extended Amygdala

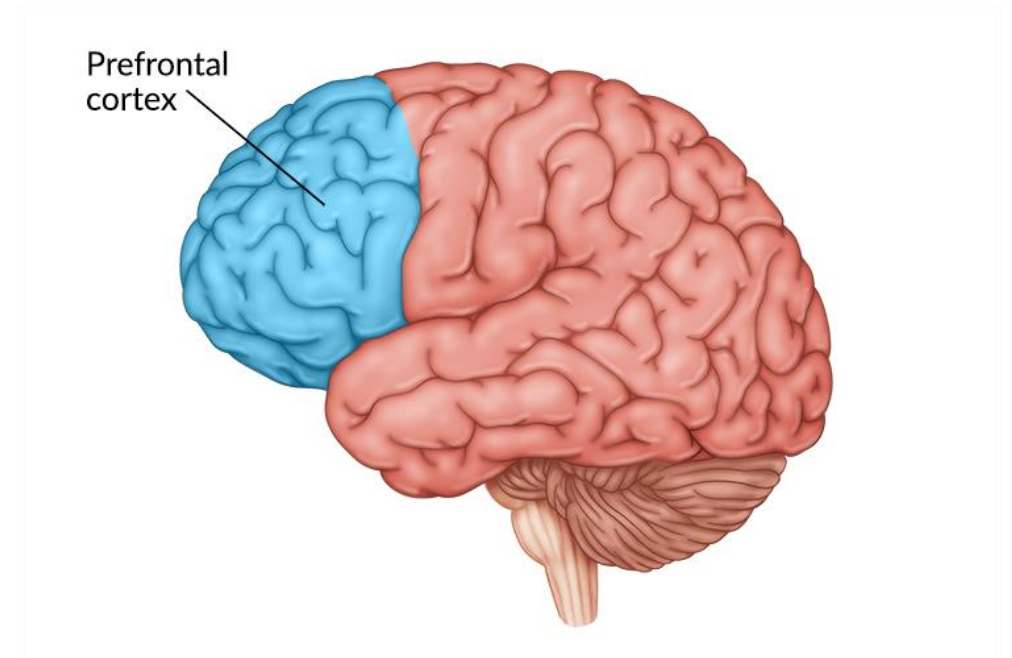


Preoccupation/Anticipation Stage

When someone actively seeks the substance after a period of abstinence or sobriety.

This stage includes the following areas of the brain:

- Prefrontal Cortex



The Power of Prevention through Community Partnerships

Coalition Building



Northern LightSM

Mayo Hospital



Northern LightSM

C.A. Dean Hospital

Community Outreach Team

We work within our local schools with area youth to prevent substance and tobacco use. Our team empowers youth through mentoring, education, and events. We aim to reduce local risk factors while increasing protective factors.

Community Outreach Staff

*Drug Free Communities
Substance Use Prevention*



**McKenna,
Jennifer**
Community
Health
Coordinator

*State + Federal Funding
Substance Use Prevention*



Clayton, Bree M
Community
Health
Coordinator

*State + Federal Funding
Substance Use Prevention*



Genthner, Casey
Community
Health
Coordinator

*State Funding
Healthy
Eating/Active
Living*



Fergola, Kate E
Community
Health
Coordinator

*State Funding
Tobacco Prevention*



Russell, Jeremy
Community
Health
Coordinator

**Not pictured – Sarah Lawler, Community Health Assistant, State/Federal Funding – Alcohol Prevention/Assist Director*

Our Focus Areas

Tobacco Prevention	Helping local employers, municipalities and schools with tobacco and smoke-free policies. Working with youth within schools to reduce the incidence of smokeless tobacco use (vaping) throughout Piscataquis county.
Healthy Eating, Active Living	Work within schools, childcare centers and the community, educating individuals on the importance of nutrition and physical activity.
Substance Use	Engagement with community partners such as schools, positive action teams, and municipalities to improve substance use prevention resources, improve pathways to prevention, treatment, and recovery for individuals with substance use disorder.
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**MENTAL HEALTH
GOES HAND IN
HAND WITH OTHER
ADOLESCENT
HEALTH RISKS.**

When we protect mental health, and build strong connections, we help reduce multiple risks.

cdc.gov/healthyyouth



Other areas of focus: Youth Mental Health

Piscataquis County Suicide & Depression -- 2021 MIYHS High School Report									
							Significance Tests		
	Questions	Answers of Interest	County 2021 95% CI*	County 2019 95% CI*	Maine 2021 95% CI*	Maine 2019 95% CI*	A. County 2021 vs. Maine 2021	B. County 2019 vs. Maine 2019	C. County 2021 vs. County 2019
16.	During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? (hn42/hn42)	Percentage of students who answered "Yes"	35.9% (28.2% - 43.6%)	37.0% (19.8% - 54.1%)	35.9% (34.9% - 37.0%)	32.1% (31.0% - 33.2%)			

Data Source: 2021 Maine Integrated Youth Health Survey

* CI = Confidence Interval

A. H/L=County 2021 is significantly Higher / Lower than Maine 2021

B. H/L=County 2019 is significantly Higher / Lower than Maine 2019

C. H/L=County 2021 is significantly Higher / Lower than County 2019

** Because of confidentiality, estimates have been suppressed due to either very small or very large cell sizes.

Area of focus: E-Cigarettes/Vapes



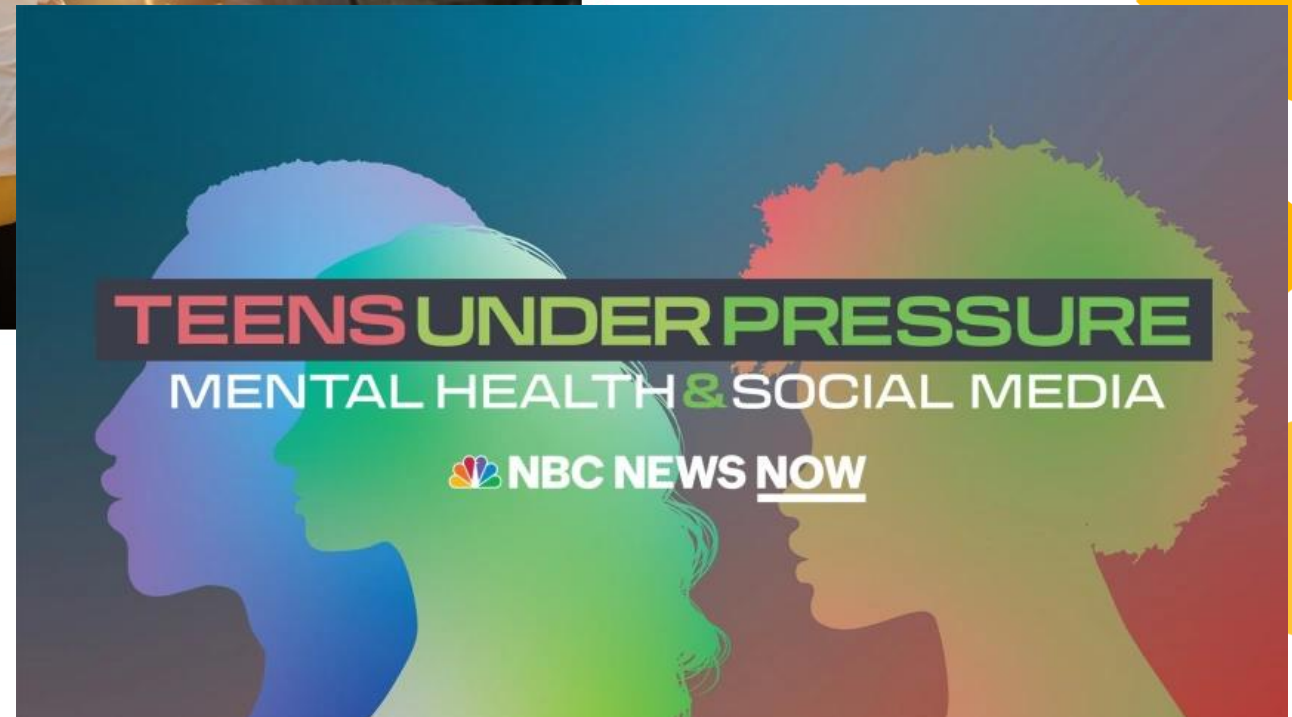
Piscataquis County Tobacco -- 2021 MIYHS High School Report

Questions	Answers of Interest	County 2021 95% CI*	County 2019 95% CI*	Maine 2021 95% CI*	Maine 2019 95% CI*
During the past 30 days, on how many days did you smoke cigarettes? (hn48/hn48)	Percentage of students who answered at least 1 day	4.8% (2.4% - 7.3%)	7.8% (6.4% - 9.1%)	5.5% (4.9% - 6.1%)	7.1% (6.6% - 7.5%)
Have you ever used an electronic vapor product? (hn233/hn233)	Percentage of students who answered "Yes"	33.2% (30.6% - 35.8%)	44.3% (43.9% - 44.7%)	31.7% (30.6% - 32.7%)	45.1% (43.8% - 46.3%)
During the past 30 days, on how many days did you use an electronic vapor product? (hn234/hn234)	Percentage of students who answered at least 1 day	16.5% (11.3% - 21.6%)	26.6% (22.8% - 30.4%)	17.4% (16.5% - 18.3%)	28.7% (27.4% - 29.9%)

Data Source: 2021 Maine Integrated Youth Health Survey

FAMILY → MENTAL HEALTH — July 28, 2023

As the nation grapples with a youth mental health crisis, parents are suffering too



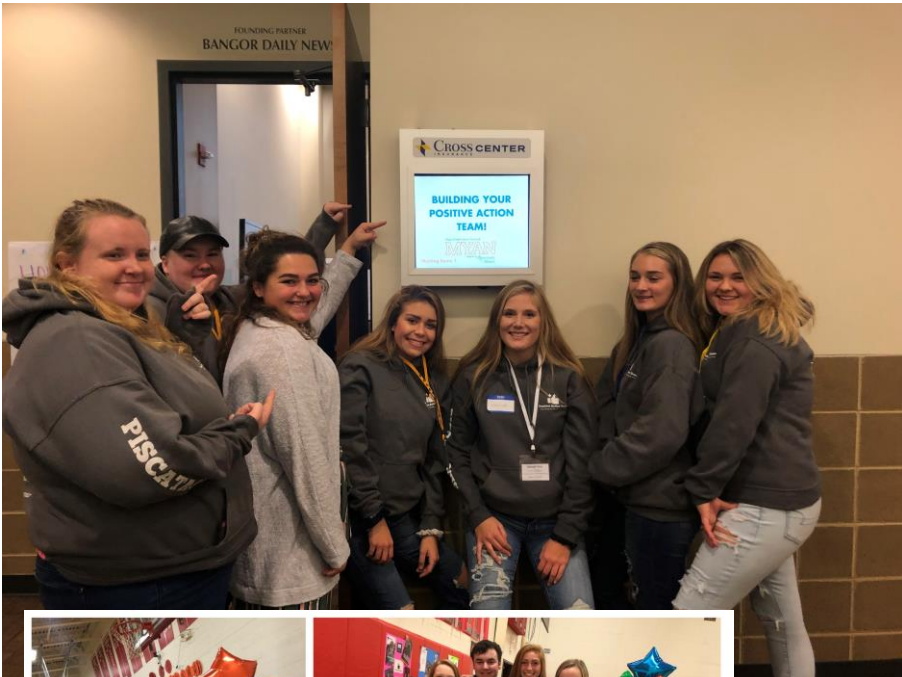
Positive Action Teams

Youth Led Teams:

*Piscataquis Community Secondary School
Foxcroft Academy
SeDoMoCha Middle School
Dexter Regional High School
Ridgeview Community School
Penquis Valley Middle School
Penquis Valley High School*

Team Facts:

- *PAT was starting in 2016 at PCSS*
- *Meetings occur during school hours*
- *Anyone can join*
- *Teams are 20-30 students per school*
- *Focus: substance/tobacco use prevention, mental health and positive school climate*



Positive Action Team

Be the change you wish to see in the world



Addressing Youth Substance Use through increasing Protective Factors

Youth Led Positive Action Teams (PAT)

Youth Trainings in mentoring

Development of after school programs for at risk youth

Implementation of Social, Emotional Learning (SEL) in classrooms

Psychological First Aid Training for School Staff & Community Partners



Planned Activities for 2023-2024

- Psychological First Aid Training for School Staff
- Youth Led Positive Action Teams (PAT) – restart team in Greenville
- Youth Trainings in mentoring (Sources of Strength)
- Suicide Prevention Trainings – warning signs/symptoms
- Internet Safety Training for parents with Maine State Police
- Development of after school programs for at risk youth (21st Century)
- Implementation of Social, Emotional Learning (SEL) in classrooms

- Chem-free youth events
- Prevention education in classrooms (Prime for Life)
- Parent nights about Maine Integrated Youth Health Survey (MIYHS)
- Fentanyl education
- Community education on Naloxone and training on proper use
- Naloxone and Lockboxes/Lock bag distribution events
- And so much more!!

How we achieve our goals:

- Hospital Support
- Piscataquis Youth Substance Use Prevention Coalition (PYSUP)
- Grant Funds
- Community Partnerships – do YOU want to partner with us?!
- Youth led Positive Action Teams
- Advocacy for continued funding for youth relate

ADVOCACY



Dover-Foxcroft, ME
Meeting with Senator Angus King



Washington, DC – Graduating from CADCA
General Price - President and CEO of Community Anti-Drug Coalitions of America
DEA Administrator – Anne Milgrim



Washington, DC
Meeting with Senator Susan Collins

Back to School Bash and vaccination fair

Thursday August 11, 2022

4:30 pm to 6:30 pm

897 W Main Street, Dover-Foxcroft

Door prizes

- LL Bean backpacks STUFFED with school supplies (30 winners!)
- Bicycles, gift cards, and more!

Vaccinations

- COVID-19 vaccines (including younger siblings six months-five years)
- Vaccines required for school (please bring immunization record)

Inflatable slide

Kids games (win prizes!)

Face painting

Ice cream/healthy snacks

For more information, visit:
[Northernlighthealth.org/Mayo](https://www.northernlighthealth.org/Mayo)



**COVID-19 VACCINES
ARE AVAILABLE
FOR YOUR KIDS NOW!**

CHILDREN MUST HAVE A COMPLETED PARENTAL CONSENT FORM.
Please ask your school health resource if you did not get one sent home.

Date: Wednesday, December 8th
Location: SeDoMoCha
Time: 11:00

Do you want to start a PAT in your community?

- **Form a coalition** of like-minded community individuals
- **Gain support** from your organization or community-based organizations
- **Talk to your local youth** about their ideas/concerns
- **Talk to your local school** about their needs and areas of concern
- **Research** the MIYHS data for your region
- **Join us** at one of our PAT meetings in the fall!



Positive Action Team

Be the change you wish to see in the world

Discussion: Ask us your questions using the Q and A function



Ed Gilkey, MD, MS, MBA, CPE, Senior Physician Executive, Northern Light Beacon Health



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Hillary Starbird, Director, Community Outreach, Northern Light Mayo Hospital, Northern Light CA Dean Hospital

Tools you can use:

<https://wellness.northernlighthealth.org/Good-Health-is-Good-Business>

Good Health Is Good Business – Business to Business Zoom Conference Series

Good Health is Good Business is designed to provide Maine employers and community leaders with information and resources to help support employee health and well-being. Join us to learn more about emergent health issues and engage with experts in the field and business leaders about topics that interest you!

Attendees are asked to join the conference by Zoom and listen to audio using your computer only. Please do not dial in while also connected via your computer. The dial-in number is for those not joining by computer. This will help accommodate a larger number of participants. See you Thursday!



August 17, 2023

Youth Substance Use and Addiction

Topics will include:

- Impact of substance use on the developing brain
- The science of addiction
- Adverse Childhood Experiences (ACEs)
- Maine youth data – what the trends are telling us
- Prevention strategies through community partnerships

[Register Now](#)

Past Webinars



July 20, 2023

Good Health is Good Business: Strategies for Preventing Workplace Injury

[View Resources](#)



June 8, 2023

Good Health is Good Business: Let's Talk About Men's Health

[View Resources](#)



May 11, 2023

Good Health is Good Business: Social Media - Impacts on Health, Life, and Business Strategy

[View Resources](#)

Register and Save the Date – Thursday, September 14

Suicide Prevention & Response

- Addressing the stigma of suicide
- Risk factors and warning signs
- Interaction between mental health and suicide
- Starting the conversation
- Response strategies, resources, and crisis management



One-hour Zoom Conferences
Moderated forum with Q and A
presented by Northern Light Health

ZOOM Business to Business Conference Series

GOOD HEALTH IS GOOD BUSINESS

Learn how to support your employees and your customers to operate a safe and healthy business.

Suicide Prevention & Response

Thursday, September 14 at 11 am

The Zoom meeting ID will be sent to you upon registering



Topics will include:

- Addressing the stigma of suicide
- Risk factors and warning signs
- Interaction between mental health and suicide
- Starting the conversation
- Response strategies, resources, and crisis management

Panelists:

Jim Jarvis, MD, FAAFP
Senior Physician Executive
Northern Light Health
Director, Clinical Education
Northern Light Eastern Maine Medical Center

Greg Marley, LCSW
Senior Clinical Director
Suicide Prevention
NAMI Maine

Sheila Thibodeau, LCSW, CCS, CEAP
Director of Operations and EAP Counselor/Trainer
Northern Light Work Force

Moderated by:

Ed Gilkey, MD, MS, MBA, CPE
Senior Physician Executive, Northern Light Health

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